



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Birkemand Nielsen, Gitte

Club: Köge
Number: 636

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:31

Speed: 9.36 km/h
Running performance: 6:25 min/km

Rank in course/Total: 161 (of 230)

Rank in course/Women: 53 (of 94)

Best time in course: 42:41

Rank in category: 9(of 11)

Best time in the category: 49:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	24:29	5:58	1	-	4	3:43	4.10	24:29	5:58	1	-	4	3:43
Loddenke	2.20	15:16	6:56	11	5:28	84	6:52	6.30	39:45	6:18	5	4:45	29	10:28
Ilseburg/Markt	3.30	21:46	6:35	11	7:29	89	8:49	9.60	1:01:31	6:24	9	12:14	53	18:50